

WHAT IS CLAIMED IS:

1. A fastening element to be set in a bore of a constructional component formed of a hard material, the fastening element comprising a load application part (13); a stem (11) adjoining the load application part (13) and having a free flat end surface (12); a metal washer (14) having a recess (16) formed in an end surface (15) thereof adjacent to the free flat end surface (12) of the stem (11); and a deformable, energy dissipation element (17) arranged in the recess (16) of the metal washer (14) and projecting beyond the free flat end surface (15) of the metal washer (14) in an unsetting condition of the fastening element (10) in which the energy dissipation element (17) remains undeformed, the recess (16) having a free lateral space (26) for accommodating the energy dissipation element (17) in a deformed condition thereof.

2. A fastening element according to claim 1, wherein both the recess (16) and the energy dissipation element (17) have a circular cross-section.

3. A fastening element according to claim 1, wherein the energy dissipation element (17) is formed of plastically deformable plastic material.

4. A fastening element according to claim 1, further comprising a disc-shaped sealing element (18) arranged on the end surface (15) of the metal washer (14).